

# Panorama

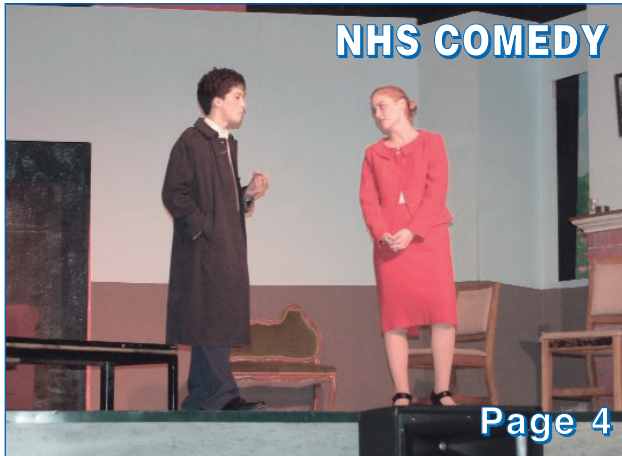
[www.cnlic.navy.mil/naples/newsroom/panorama/](http://www.cnlic.navy.mil/naples/newsroom/panorama/)

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55TH YEAR, No. 2

Serving the NATO, Naples and Gaeta military communities in Italy  
SPEDIZIONE IN A.P. - 45% - ART. 2 COMMA 20/B LEGGE 662/96 - FILIALE DI NAPOLI

FRIDAY, JANUARY 15, 2010

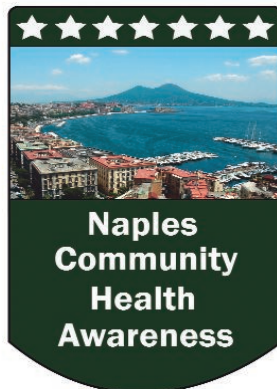


## HEALTH UPDATE

Page 6

**USNH Naples  
Environmental  
Health Info Center:  
081-811-6071**

Visit  
<https://www.cnlic.navy.mil/Naples/CommandInformation/HealthAwareness/Index.htm>



## Black Widow takes on NSA Naples

Story and photos by Mass Communication Specialist 3rd Class  
Petty Officer Kristopher Regan, NPASE-E Det. Europe

World champion pool player Jeanette Lee, also known as the Black Widow, visited NSA Naples Jan. 8 during her overseas tour of various military installations with Morale, Welfare and Recreation (MWR).

While in Naples, she held a meet and greet session to give fans a chance to meet her and receive autographs. Later that day, she held a demonstration at the Ciao Hall on the Capodichino base.

"I like to talk to the crowd about my life and everything I have gone through to get here today," said the Black Widow. "Constant practice and determination is what made me the player I am now."

During the demonstration, she entertained the crowd with trick shots and also gave the crowd many tips to help them with their game. She also took challenge matches from anyone who was brave enough to take her on.

"It was great to be able to come here and play someone I've been watching on ESPN for years," said Chief Cryptologic Technician Larry Daughtery. "This was definitely a great experience for me."

One by one the challengers went up to play her and sat down shortly after a quick loss. That is, until Aviation Support Equipment Technician Airman Apprentice Matthew Collier stepped up to the challenge.

"I didn't think I had a chance at all," said Collier. "I just went up and concentrated on every one of my shots."

His concentration paid off in the end when he sank his last ball and the crowd erupted with applause for the amateur player who had just defeated the world champion Black Widow.

The demonstration concluded shortly after the challenge matches. The Black Widow packed up her equipment and prepared for her next stop on her overseas MWR tour.

*Left: Champion pool player Jeanette Lee (Black Widow) helps Mercedes Fiallos with her pool game during a demonstration Jan. 8 at NSA Naples Capodichino Ciao Hall. The demonstration was part of her Morale, Welfare and Recreation (MWR) overseas tour to various military installations. The Black Widow also visited the Support Site Food Court where she met community members and signed autographs.*



The Black Widow visits with the NSA Naples community Jan. 8 at the Support Site Food Court.



Jeanette Lee performs a trick shot and challenges some of the crowd to perform the same trick Jan. 8 at NSA Naples Capodichino Ciao Hall.

## XO's Corner

By **Cmdr. Stephen Schutt**  
NSA Naples Executive Officer



I want to welcome everyone back and hope you had a wonderful and safe holiday season. A special thanks goes out to all those who helped out with the community holiday events, MWR, Security, NEX, DeCA, and all the volunteers from the Community to name a few. I was able to attend most of the local events, and everyone I've talked to had a great time. Let's keep up the community spirit and continue these events that bring everyone together throughout the year.

Good luck to all those first class petty officers taking the Chief's exam next week Thursday! It's not late to get some last minute studying in before the test. In addition, Navy College is offering a class with some great tips, "Improving your testing scores," today from 9-11:30 a.m. at the Capodichino Theater. Contact the Navy College Learning Center at 081-568-4006 for more information and questions. You can contact them for details. Be sure to get a good night's rest and have something in your stomach prior to taking the exam. DO NOT BE LATE!

As the Skipper mentioned in last week's corner, the NSA Naples Shuttle Bus service will be changing and is scheduled to go into effect Feb. 1. If you didn't catch it, you can view the information by going to the Panorama at NSA Web site address and scrolling to page 11, [www.cnic.navy.mil/navycni/groups/public/documents/document/cnicp\\_a147797.pdf](http://www.cnic.navy.mil/navycni/groups/public/documents/document/cnicp_a147797.pdf). Please plan accordingly with this change as it may result in more traffic entering and exiting the bases, especially during peak times, and you may need to park at the west parking garage located near the Capo front gate. I strongly advise to get together with friends and coworkers to carpool to and from work.

It's been mentioned before and I will highlight it again. If you do not reside on the Support Site or Capo, DO NOT deposit your trash or recyclable items on base (Support Site or Capodichino) and put them in the receptacles. Your local commune is responsible for the collection of the trash in your community. If you are having problems, you should contact your landlord or NSA Housing department can contact your landlord for you to report the problem. If I continue to discuss with folks unloading their mini vans with bags of waste, more stringent repercussions may apply to those caught bringing trash onto any installation.

Lastly, good luck to the Naples High School men's and women's basketball teams playing in Sigonella and to the wrestling team competing in Vicenza this weekend.

*Have a great and safe Dr. Martin Luther King holiday weekend.*

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**AFN:** <http://www.afneurope.net/naples>  
**NCTS:** [nctscustsvc@eu.navy.mil](mailto:nctscustsvc@eu.navy.mil)

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## Base Notes

*From Panorama staff reports*

### Navy League Naples accepting board member nominations

Navy League of the U.S/Naples council is currently taking nominations for positions on the Board of Directors and Committee Chairpersons. Become part of the "Citizens in Support of the Sea Services." They are in need of a president, VP of Operations (planning social functions, special functions for military personnel, etc.), secretary, chairperson (Marketing/Advertising), Judge Advocate and other board positions. Elections will be held the end of January. The league supports the Navy, Marines, Merchant Marines and the Coast Guard. Those interested, contact Betty Reese at 081-526-8051 and/or [breese@cybernet.it](mailto:breese@cybernet.it).

### PWOC Spring Retreat 'The King And I'

Protestant Women of the Chapel (PWOC) will hold its Spring Retreat "The King And I" March 12-14 at the Hotel Serapo in Gaeta, Italy. The event will include a worship, praise music, fellowship and guest speaker Victoria Robinson. Pick up a registration brochure at either PWOC meetings (Tuesdays at 9 a.m. and 6 p.m.) upstairs in the Chapel Fellowship Hall. A €50 deposit is due at registration and the €60 balance will be due March 1. For more information, contact Amber Montgomery at 081-811-5316 or Sheryl Sandros at 333-648-9503.

### NOSC puts on fashion show to help needy

The Naples Overseas Spouses' Club (NOSC) is making a difference in the Italian community. NOSC is hosting its fourth "Have A Heart Fashion Show" at 7 p.m. Feb. 6 at the Forgotten Treasures Thrift Shop with all proceeds from the evening benefiting local Italian charities. The organization raised \$16,000 at their last Have a Heart event.

NOSC is a volunteer non-profit U.S. military base recognized club formed with the purpose of improving the quality of life for military members, civilian personnel, and their dependents. Forgotten Treasures' volunteers work throughout the year to raise money exclusively for the club's charities.

Unfortunately, many people in the Naples area suffer through the overwhelming burden of pover-

ty and NOSC wants to show their host country that they care and can make a difference through their support and compassion.

Join NOSC for an evening of entertainment and friendship. The evening will include a silent and live auction. There is no cost to attend this 'adults only' event, but reservations are required. For reservations, send an e-mail to [noschospitality@gmail.com](mailto:noschospitality@gmail.com).

For additional information about the event, to participate as a volunteer or to donate an item to for auction, contact Maria at [RosPE@aol.com](mailto:RosPE@aol.com) or by cell at 338-899-8862.

### Tour the Commissary

Learn how to shop healthy by taking the Commissary Tour. The tour is guided by a dietitian who will take participants through the grocery store to learn how to shop healthy. They will learn how to read labels, improve healthy food choices, and walk away feeling more confident about knowing what they buy. To register, contact Health Promotions at 081-811-6311/6313 or e-mail them at [napleshealtpromotions@med.navy.mil](mailto:napleshealtpromotions@med.navy.mil).

### UMUC offers specials for spring registration

The University of Maryland University College (UMUC) Europe has special offers for spring registration: a new \$30 Get Started Gift, \$100 book awards, and expanded hybrid (on-site and online) courses. For more information, contact UMUC Naples at 081-568-6675.

### Post offices close for holiday

The Capodichino Fleet Mail Center and the Support Site Post Office will be closed Jan. 16. All area postal services will be closed Jan. 18 in observance of Martin Luther King Jr. Day, federal holiday.

### PPSO, MVRO open for holiday

The Personal Property Shipping Office, MVRO Offices (Support Site, CAPO, and JFC), and Tax-Free Office will be open normal hours, Jan. 18, during the Martin Luther King Jr. Day holiday.

## CNE-C6F/CNREURAFSWA HOTLINE

*It is everyone's responsibility to report fraud, waste, abuse and mismanagement in Navy activities to:*

### Office of the Inspector General

Phone 081-568-2983 - Fax: 081-568-6354  
E-mail [ighotline@eu.navy.mil](mailto:ighotline@eu.navy.mil)  
Web site <http://www.cnic.navy.mil/europe/index.htm>

*You can choose to remain anonymous*

## FYI POSSIBLE STRIKE

**Jan. 15** - Meridiana pilots (24 hours); Eurofly personnel (4 hours), from noon to 4 p.m.

**Jan. 23** - SEA and SEA HANDLING airport personnel in Milan Linate and Milan Malpensa (8 hours), from 4 a.m. to 7 a.m. and from 10 a.m. to 3 p.m.

**Jan. 26** - Trenitalia personnel (21 hours), from 9 p.m. Jan. 26, to 6 p.m. Jan. 27.

## Panorama



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Unione Stampa Periodica Italiana

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# La Befana brings treats to The Anglo-Italian School students

By Robert Orwein

The children of The Anglo-Italian School (Montessori Division) were visited Jan. 7 by La Befana. La Befana is one of Italy's oldest and most celebrated legends. Jan. 6 of each year, Italian children awaken in hopes that La Befana has made a visit to their house. This is a significant day for Italians because it marks the end of Christmas season and the day that the three Wise Men arrived at the manger of the Christ child. As legend has it, the three Wise Men were in search of the Christ child when they decided to stop at a small house to ask for directions. Upon knocking, an old woman holding a broom opened the door to see who was there. The old women was unaware of who these three men were looking for and could not help them. Before leaving, the three men asked the old woman to join them on their journey. She declined because she had too much housework to do. After they left, she felt she had made a mistake and decided to catch up to them. After many hours of searching, she could not find them. Thinking of her missed opportunity, the old woman stopped every child and gave them a treat in hopes that one was the Christ



From left Gianpaolo Floris, Chiara Cuomo and Kathleen Villanueva, along with other children of the Anglo-Italian School (Montessori Division), are surprised to be visited by La Befana who hands out treats to them in their classroom. (Photo by Julie Julien)

child. Each year on the eve of the Epiphany, she sets out looking for the baby Jesus. She stops at each child's house to leave those who were good treats in their stockings and those who were bad a lump of coal.

## Italian News Briefs

Compiled by Teresa Merola

### Italian mother gives birth to sextuplets

A 32-year-old Italian woman from Orta di Atella, near Caserta, gave birth to sextuplets in a Benevento hospital last Sunday. The four baby girls and two baby boys are in good condition as well as the mother. The babies were born in the 27th week of pregnancy and will stay in the hospital for three months to stabilize their condition. The father, during a state-run RAI television interview, asked the sextuplets' grandparents for help since they're the first grandchildren in his family. This is the first case of sextuplets in Italy since 1997.

### Frescoes uncovered in Pisa cemetery wall restoration

The restoration work of the walled cemetery in Piazza dei Miracoli in Pisa brought to light at least 24 major medieval and Renaissance frescoes. The Camposanto is part of the four-structure complex situated in Piazza dei Miracoli which includes the Duomo and Baptistery, and the famous Leaning Tower. The scrupulous work of restorers, carried out for ten years, has resurfaced some 2000 square meters of frescoes, and they will need another five years of work on 35 other frescoes. The most important frescoes are a portion of a cycle of frescoes by Florentine painter Benozzo Gozzoli (1421-1497) which includes the Annunciation and The Adoration of the Magi. According to Pierfrancesco Pacini, manager of the Piazza dei Miracoli, the walls of the Camposanto cemetery were almost bare but thanks to the restoration, they are now populated with many masterpieces of art history. The Camposanto frescoes were damaged in 1944 during a World War II Allied air strike against Pisa.

### Naples-Capodichino's airport opens new terminal

The new terminal at Naples-Capodichino's airport was officially inaugurated last Saturday morning in the presence of local and national authorities. GESAC, the Naples' international airport management society invested, from 1998, about 209 million

Euros of which 118 million were self-financed and 91 million were financed with public funds for development of infrastructures and services. Further investments planned for 2012 will include a series of enlargement works such as multi-floor parking, expansion of arrival area, and extension of departures area for a better air station to passenger's service.

### Italian airports to install body scanners

The Italian Interior Minister Roberto Maroni announced that by spring, full body scanners will be installed in three Italian airports for testing. Ten scanners will be operational in Rome Fiumicino, Milano Malpensa and Venice airports. He said these airports had been chosen due to the large flow of international traffic. NAC's (Italian Civil Aviation Authority) President Vito Riggio said the authority will meet Jan. 21 to confirm the type of scanners. The government has a fund of €2 million available and the cost of each scanner is between €100,000 and €200,000. The government agreed that safety for air passengers must be placed above any other concerns.

### Italian scientist uses seaweed to fight Alzheimer's

An Italian biochemist, Giovanni Scapagnini, of Molise University presented his important finding about the health benefits of seaweed during a geriatric medicine convention in Rome. He said that a number of seaweed varieties contain a chemical called homotaurine which may protect the brain against the devastating effects of Alzheimer's disease. According to Alzheimer Italia, there are more than one million Italians affected by the disease out of an estimated 35 million worldwide. The biochemist and his team administered homotaurine to about 2,000 patients across Europe and after 18 months, they found a great reduction of the presence of brain toxins thought to be a factor in the degenerative disease. At the moment, there is no medical treatment available to slow the disease even if most doctors prescribe a series of exercises and lifestyle changes to people diagnosed with Alzheimer's.

## THE INSIDE PAGE...

### THIS WEEKEND

- 15 **THE EGG CASTLE**, 8 a.m. to 2:30 p.m. Depart from JFC. FMI, contact the FFSC at 081-811-6372.
- 15 **LEARN STRESS MANAGEMENT**, 8:30 a.m. to noon. FMI, contact the FFSC at 081-811-6372.
- 16 **BABYSITTER'S TRAINING**, 9 a.m. to 5 p.m., Child Development Center Training Room, cost \$35. Registration and payment due by Jan. 13 at the ARC office located at capo. FMI contact 081-568-4788.

### JANUARY

- 18 **SAPR DATA COLLECTION COORDINATOR TRAINING**, 8-10 a.m. FMI, contact the FFSC at 081-811-6372.
- 19 **ITALIAN CHEESES**, 9-11 a.m. FMI, contact the FFSC at 081-811-6372.
- 20 **AMERICAN SOCCER CLUB OF NAPOLI (ASC)** kicks off its Winter Season in mid January. ASC Juniors – players 8-12 years old – will train on the lighted Support Site fields every Wednesday afternoon from 4:30 – 6 p.m., beginning Jan. 20. The ASC Seniors – players 13-19 years old – resumed training, Jan. 12, every Tuesday and Thursday from 5:30-7 p.m. FMI or for an application, visit the ASC Web site at <http://www.ASCNapoli.com>.
- 20 **TO VOMERO** by the NEW METRO, 7:50 a.m. to 3 p.m., from the Support Site. FMI, contact the FFSC at 081-811-6372.
- 21 **NEAPOLITAN COFFEE ESPRESSO**, 11 a.m. to 12:30 p.m. FMI, contact the FFSC at 081-811-6372.
- 21 **MONTHLY BABY BASICS CLASS**, offered by NMCRS Visiting Nurse, 9 a.m. to noon, at the Navy-Marine Corps Relief Society Office, ADMIN II, G 016. Topics include; daily newborn care (i.e., diapering & bathing), feeding, crying & comforting, health & safety, etc. FMI and registration, call 081-568-3913.
- 21 **SAPR P.O.C. TRAINING**, 8:30 a.m. to 12:30 p.m. FMI, contact the FFSC at 081-811-6372.
- 21 **SAPR** (Victim Advocate refresher Training), 1-2:30 p.m. FMI, contact the FFSC at 081-811-6372.
- 22 **NAPLES OFFICIALS ASSOCIATION'S** holds a meeting at the Support Site Bowling Alley to recruit sports referees/officiators and candidates for Secretary/Treasurer, Basketball Scorekeepers and Track&Field/Baseball/Volleyball/Soccer Commissioners. FMI, contact Chris Banks at 334-742-6942/081-721-3217 or [earlbanks@yahoo.com](mailto:earlbanks@yahoo.com). Forward candidates names NLT Jan. 15.
- 23 **CPR/AED ADULT, CHILD, AND INFANT**, 10 a.m. to 5 p.m., Support Site Gym conference room, cost \$40. Registration and payment due by Jan. 20 at the ARC office located at capo. FMI, contact 081-568-4788.
- 24 **NAPLES NATO YACHT CLUB MEETS**, 11 a.m., at the Nisida Club House. During this Annual General Meeting, a new Club Constitution will be adopted, club officials for 2010 will be elected and the yearly budget and program of activities will be approved. Active duty U.S. military personnel serving in the Naples area are entitled to full membership.FMI or forms, visit <http://www.nnyc.it>.
- 27 **EXPLORING AVERSA**, 8:45 a.m. to 2:30. Depart from the Support Site. FMI, contact the FFSC at 081-811-6372.
- 29 **DISCOVER THE BEAUTIFUL HILL OF POSILLIPO & ITS MARKET**, from 8 a.m. to 2:30 p.m., departing from JFC. FMI, contact the FFSC at 081-811-6372.
- 29 **COOKING CLASS**, 9:45 a.m. to 2 p.m. Depart from the Support Site. Cost €15 euro. FMI, contact the FFSC at 081-811-6372.
- 29 **NAPLES OVERSEAS SPOUSES' CLUB ELECTING OFFICERS**, in mid Feb., for 2010/11 Executive Board. FMI or to nominate a candidate (by Jan. 29), contact Cathy Vick at [nosrules@gmail.com](mailto:nosrules@gmail.com), 081-854-6734 or 346-308-4515.

### FEBRUARY

- 17-18 **APPLIED SUICIDE INTERVENTION SKILLS TRAINING**. FMI or to register, call 081-568-5255
- 26-28 **CREDO MARRIAGE ENRICHMENT WEEKEND**. FMI or to register, call 081-568-5255.

### VOLUNTEERS NEEDED

- TAX ASSISTANCE VOLUNTEERS NEEDED** The U.S. Region Legal Service Office (RLSO) is seeking active duty and civilian volunteers for the Volunteer Income Tax Assistance (VITA) program for tax year 2009. Hands-on training is given by an IRS expert which will be conducted Jan. 11-15. Interested persons can either sign up at the RLSD in the Admin II building at Capodichino on the 1st floor or call the RLSD at 081-568-4576. If desired, the RLSD will assist active duty members in seeking permission from their chain of command to participate in the VITA program.
- NAPLES AMERICAN RED CROSS (ARC) NEEDS VOLUNTEER INSTRUCTORS**. The Fundamentals of Instructor Training (F.I.T.) is a pre-requisite course to the Instructor Training course, which will be held in January 2010. FMI or to sign up, contact the office at 081-568-4788.
- NAPLES OFFICIALS ASSOCIATION NEEDS REFEREES**. Anyone interested should contact Nigel Alexander at 081-721-5413 or 346 680 3282 or by e-mail to [nalexander@afsouth.nato.int](mailto:nalexander@afsouth.nato.int).
- TEEN BABYSITTERS CAN EARN MONEY** for the holidays. All American Red Cross Certified babysitters interested in occasional babysitting can post a personal business card at the Fleet and Family Support Center, first floor of the Navy Lodge. FMI, contact the FFSC at 081-811-6551/6552/6555.
- NAPLES COMMUNITY GIRL SCOUTS NEED LEADERS AND CO-LEADERS**. FMI or to volunteer, contact Shannon Matthews at 081-811-5599 or by e-mail to [naplesgs@yahoo.com](mailto:naplesgs@yahoo.com).
- USO NAPLES NEEDS VOLUNTEERS** at the Support Site Office one or two days a week on Wednesdays and Fridays for tours, programs and projects. To get involved and make a difference in the NSA Naples community, call 081-568-5713 or send an e-mail to [sabrina.pullido@uso.it](mailto:sabrina.pullido@uso.it)
- NAPLES FRIENDS OF ANIMALS** is currently seeking volunteers for board member positions, fundraiser events, and to foster animals and transport them to and from the off-base vet. FMI, visit <http://www.naplesfriendsofanimals.org> or e-mail Kimmie at [nfoa.publicaffairs@gmail.com](mailto:nfoa.publicaffairs@gmail.com). They also need a volunteer to update, maintain, and occasionally redesign the NFOA Web site. FMI, please contact [nfoa.publicaffairs@gmail.com](mailto:nfoa.publicaffairs@gmail.com).
- NAVY-MARINE CORPS RELIEF SOC. OPERATION CLIP & SAVE (COUPONS)**: 081-568-3913.

More "Inside Page" on Page 11

# Naples High School Dramatics/Thespian Club opens season

By Rich Walrath

Students in the Naples High School Dramatics program opened their 2009/2010 theater season with a successful production of “Murdered to Death,” a two-act murder-mystery-farce written by Peter Gordon. The show ran for four performances Jan. 7-10, and featured 11 student thespians in either primary or understudy roles and an additional 10 in direct supporting roles back stage.

Although directed by Rich Walrath, Naples High School Drama teacher, students played major leadership roles with Kelly Crosswell as student director, Sarah Huff the technical director, and Dilsa Souffrant as stage manager. Students also took the lead for makeup and costuming. Parental support provided not only logistics support and assistance during the set construction phase, but supervision and oversight during productions and rehearsals.

The comedy is the first of four public productions scheduled for this season. Students in the NHS Drama/Theatre class demonstrate their theatre understanding and knowledge through one-act play festivals at the end of each semester. In the spring, the school is scheduled to present the musical “Fiddler



The cast and crew of “Murdered To Death” (Seated, from left) C.J. Krauss, Kristy Randolph, Seamus McCarthy; (middle row, from left) Carrie Welch, Tehya Goodman-Cave, Kathryn DeGuzman, Cabrina McCormick, Meghan Byrnes, Meg McAtee, Alex Foley, Elizabeth Leach, Aiden McCarthy, Kelly Crosswell, Sarah Huff, Audrey Ingalls, Dilsa Souffrant; and (Back row, from left) Julia Smith, Zach Rady, Patrick McCarthy and Nick Hebert pose for a photo Jan. 9 at Naples High School. (Photo by Rich Walrath)

Page 1: Nick Hebert (Inspector Pratt) and Meg McAtee (Miss Maple) discuss the gruesome aspects of murder by poisoning Jan. 6 during dress rehearsal of Act II of "Murdered to Death." (Photo by April Walrath)

on the Roof” featuring actors from the school community: students, faculty/staff, and immediate family members. The musical will also feature live musicians from the stu-

dent body and the local community. For the latest on what NHS’ drama program is doing, visit the drama club’s unofficial Web site: <http://naplesdrama.org/>.



NSA Naples Women’s Basketball Base Team (left) and a local Italian team Portici Pegaso pose for a photo Jan. 2 at the Support Site gym. (Photo by Ermanno Giamberini, team public relations officer for Portici Pegaso)

## NSA Naples Women’s Basketball hosts Portici Pegaso

By David Lee

To start the New Year, NSA Naples Women’s Basketball Team played a friendly basketball game, Jan. 2, against Portici Pegaso – a local series B women’s basketball team – at the Support Site gym. The game was organized by Naples team coach Carl Anthony, David Lee, an Avid volunteer for the Naples community and Ermanno Giamberini (one of the team managers). NSA Women’s basketball team played a hard game and enjoyed the opportunity to play a local series B basketball team. A couple of Naples High School All-European basketball graduates, Valentina Lee (2009) and Nyrika Davis (2007), who were visiting during winter break, lead the team in scoring 17 and 15 points respectively. Portici Pegaso won the game. It was an evening of basketball and making new friends with many more games to follow.

## Navy Advancement Center NKO Web site, one-stop shopping for Sailors

By Ed Barker, Naval Education and Training Command Public Affairs

Sailors preparing for advancement examinations are getting a new tool to make their quest easier: Navy Knowledge Online (NKO) Web pages will begin offering links to the material in advancement bibliographies.

The Navy Advancement Center (NAC) pages will provide links directly to exam bibliography documents, offering virtual 'one-stop shopping' for Sailors who previously had to track down numerous publications and references in order to get ready for exams.

"We plan to launch the Advancement Center NKO pages in early 2010, making the information easily reachable for most Sailors," said Kirk Schultz, operations and analysis division head for the Navy Advancement Center in Pensacola. "All of the Professional Military Knowledge (PMK) links will be available for each rank and rating, and we've targeted the phase-in for occupational reference links to start in March."

These PMKs include references such as: NAVEDTRA 14325, Military Requirements, Basic (BMR) and NAVPERS 15665, U.S. Navy Uniform Regulations.

The PMK links were made available in August 2009, but Sailors could only reach them through the NAC Web site. It was up to the individual Sailor to track down all of the occupational reference bibliographies (BIBs), and that could be a significant research task. For example, the March 2010 mass communication specialist E-4 exam lists 32 occupational references and eight separate PMK references. Occupational references include: (For master-at-arms) NTTP 3-20.6.29M, Tactical Boat Operations and OPNAVINST 3591.1 Small Arms Training and Qualification.

"We've had outstanding feedback from the fleet on our PMK links," said Schultz. "But we started getting questions almost immediately on the availability of the rest of the BIBs. With the launch of the NKO pages and the addition of the occupational BIB links taking Sailors directly to the document, Sailors can save even more time."

see NKO Page 11

## Get your game on with good nutrition

By Lt. Col. Karen E. Hawkins, Defense Commissary Agency (DeCA) dietitian

Children love to play Internet games, and promoting healthy choices through gaming is a great way to teach them. With childhood obesity continuing to rise, the U.S. Department of Agriculture (USDA) has created a contest to accept fully developed Web-based games in the spring of 2010. This challenge is open to entrepreneurs, software developers and students to design a creative and educational game targeted at children, especially “tweens,” aged 9–12. The Web-based games will help motivate kids to learn about healthy dietary habits and the importance of eating more nutritional foods. Go to <http://www.MyPyramid.gov> for the latest details on the contest.

The “Web Games for Healthy Kids Contest” is the first part of the “Innovations for Healthy Kids Challenge” created by the USDA. This challenge is designed to address the issue of childhood obesity through community efforts and partnership. Using the USDA data, Web games need to be designed to include educational messages that emphasize one or more key nutrition concepts from the Dietary Guidelines for Americans and the MyPyramid Food Guidance System.

All applicants must be U.S. citizens. The contest is not open to employees of the USDA or the White House, or their families.

General nutrition topics to include in the game:

- Teach kids to eat more whole grains.
- Eat more fruits and vegetables.
- Drink more low- or non-fat milk.
- Choose lean sources of protein (meat and beans).
- Making food group education fun.
- Understanding calories is important.
- Increasing foods with high nutrition value and decreasing amounts of solid fats and added sugars (“extra” calories), and decreasing amounts of sodium.
- Identifying and consuming proper portion size.
- Being more physically active is important.
- Balancing physical activity and food intake is important.

For more information about making healthy choices, go to <http://commissaries.com/>, visit “Ask the Dietitian” and post questions on the DeCA Dietitian Forum. Be sure to look for other useful information in the Dietitian's Voice archive. Sign up with the DeCA Dietitian on <http://www.twitter.com> and get messages sent to a cell phone today. For delicious recipes, check out Kay's Kitchen. To enjoy all the Commissary has to offer, sign up for the Commissary Connection.

# Martin Luther King Holiday safety message

Provided by NSA Naples Safety Office

The many accomplishments of a distinguished American, Dr. Martin Luther King Jr., will be celebrated Jan. 18. His efforts in civil rights provided the U.S. with a road map that all people could share equally together in the abundance of our great democracy.

On a long holiday weekend, NSA Naples Safety Office's greatest concern is the incidence of accidents involving privately owned vehicles. To reduce the possibility of vehicle accidents, common sense should be applied to defensive driving skills. Observe the speed limit, reduce speed according to road conditions, avoid drinking and driving, wear a seat belt, and make frequent rest stops while traveling long distances. Always avoid unnecessary risks.

Holiday weekends represent a period of increased risk for service members, civilian employees and family members. Managing this risk is a leader's business. Leaders should raise holiday safety awareness to everyone under their charge.

This holiday can be most enjoyable if all individuals use courtesy, caution, and common sense. Make this a memorable occasion by having an accident free holiday.



Dr. Martin Luther King, Jr. (1929 - 1968) (LIFE photo by Howard Sochurek)

# Practice operational security on social media

By Bruce Moody, Fleet and Family Support Program Commander, Navy Installations Command

Sailors and Navy families can prevent potential adversaries from discovering critical information on social media sites by practicing operational security.

Examples of critical information include: where a ship is going and when it is returning home or information about Sailors who deploy as individual augmentees.

Navy families, too, should remain vigilant in not volunteering any information that could unnecessarily put their Sailors in harm's way. Deployed and even day-to-day operations are in many cases classified, and those sharing information with loved ones or friends should recognize the importance of keeping sensitive information secure.

"Family members are vital to the success of the Navy," Shauna Turner, manager of the Deployment Support Program at the Fleet and Family Support Program, said. "But, potential adversaries also understand this."

It is not unprecedented for spouses and family members of U.S. military personnel to be targeted for intelligence collection. This is true in the United States and especially true overseas.

Navy family members all know some bits of critical information. It may not be classified, and it may even seem insignificant. But, to the potential adversary, it is a piece of the puzzle. The power of emerg-

ing media tools is a two-edged sword: It makes information exceptionally accessible when posted for anyone who is interested, including potential adversaries.

When communicating on social media sites do not post the following information:

- Exact deployment dates or return dates. This applies to ships, subs, squadrons and individual augmentees.
- Dates or location of a ship's upcoming ports of call.
- Detailed information about a mission.
- References to trends in crew's morale or an individual's personal problems.
- Details concerning security procedures, response times or tactics.
- Information about equipment readiness.
- Speculations about future operations.

"The main rule is to simply use common sense," Turner said. "Think before you post. Anything you post on social media, including photos, is instantly available around the world. When in doubt, don't post it."

Social media sites allow Sailors and Navy families to keep in contact like never before. It is a wonderful way to feel close to someone who is far away. Sailors and Navy families are encouraged to enjoy the connection that social media offers while practicing operational security and keeping mindful of the risks presented with the widespread dissemination of information.

# NSA Naples energy conservation

Provided by UT2(SCW) Michael Labeau

## Save energy, money

Home electronic products use energy when they're off to power features like clock displays and remote controls. U.S. households spend \$100 per year to power devices while they are in this "standby" power mode. Products that have earned the ENERGY STAR use less energy to perform these functions, while providing the same performance and features as conventional models. Using less energy preserves energy resources and helps reduce the risks of global warming while saving money on energy bills.

## Help protect the environment

Simple actions can make a big difference. The average home has two TVs, three telephones, and a DVD player. If these items were replaced with ENERGY STAR qualified models, it would save over 25 billion pounds of greenhouse gas emissions, equivalent to that of more than 2 million cars.

Information taken from <http://www.energystar.gov>



# MCPON to Sailors: Be smart about online threats

By Senior Chief Mass Communication Specialist (SW/AW) Bill Houlihan  
Office of Master Chief Petty Officer of the Navy

Sailors, family members and Navy commands are increasingly relying on social and emerging media to stay connected with those in their personal and professional lives.

Master Chief Petty Officer of the Navy (MCPON) (SS/SW) Rick D. West is chief among them.

More than 13,000 people from around the world have signed up to follow West on his Facebook page. The vast majority are Sailors, Navy family members and military supporters. It is important that the Navy family remain vigilant in not sharing potentially sensitive or secure information by any non-secure means – to include letters, e-mail, telephone conversations or social media.

West has seen reports of potential threats to the Navy and said that while the country remains at war, clearly there are those who would want to glean information from anywhere they can get it to use against the Navy and the nation.

"What we say and where we say it has never been more important," said West. "Operational Security [OPSEC] has to be stressed at every level and I'm going to make sure our Sailors understand that very clearly."

West said that he's consistently surprised at how effective social media has become in terms of getting quality information to the fleet. He's been particularly aggressive in using Facebook and Twitter to make Sailors and families aware of Navy and DoD initiatives such as wounded warrior care, the Post 9/11 GI Bill and sexual assault prevention.

There are threats, though, that he believes are real and potentially very dangerous. "Anyone who thinks our enemies don't monitor what our Sailors, families and commands are doing via the Internet and social media had better open their eyes," said West. "These sites are great for networking, getting the word out and talking about some of our most important family readiness issues, but our Sailors and their loved ones have to be careful with what they say and what they reveal about themselves, their families or their commands."

West said the Navy family needs to avoid discussing information about their units, such as location, schedules and specific missions or assets.

"That's standard OPSEC," said West. "But we're not talking about 'loose lips sinking ships' anymore, it's more than that. Our enemies are advanced and as technologically savvy as they've ever been. They're looking for personal information about our Sailors, our families and our day-to-day activities as well as ways to turn that information into maritime threats."

Sailors are getting it, said West. He said he bases that opinion on the feedback he receives at all hands calls and via social media, itself.

"If you have to wonder whether what you're about to type could be used against you or your shipmates and your family, you probably shouldn't say it," West said.

Information on the appropriate use of social media within the Navy is available at <http://www.chinfo.navy.mil/socialmedia.html>. DoD's social media hub has created videos and articles on the best practices for service members and their families when using social networking sites. These can be found at <http://socialmedia.defense.gov>. Likewise, a short presentation by Navy Public Affairs on privacy and safety of personnel participating on line can be found at <http://www.slideshare.net/USNavySocialMedia/us-navy-safe-and-effective-use-of-social-media>. More information regarding OPSEC can be obtained by Navy command personnel at <https://iweb.spawar.navy.mil/depts/d017/>.

# Naples Public Health Evaluation

By CNREURAFSWA Public Affairs

In 2008, when the Naples Public Health Evaluation (PHE) began sampling tap water at off-base rental homes in the Campania region, the first contaminants that turned up were bacteriological. Further lab analysis discovered volatile organic compounds (VOCs) in some samples. VOCs are chemicals that can easily evaporate into air. The most frequently detected of these VOCs, and detected at the highest concentrations, was the chemical known as tetrachloroethene, or PCE.

## What is tetrachloroethene?

Tetrachloroethene is a man-made chemical that is widely used for the dry cleaning of clothing and for metal degreasing. At room temperature, it is a nonflammable liquid. Most people can smell PCE in the air when it is present at a level of one part PCE per million parts of air, although some can smell it at even lower levels. It has a sharp, sweet odor.

PCE is not a new substance. Michael Faraday, inventor of the electric motor, first synthesized tetrachloroethene in 1821. Tetrachloroethene was once extensively used as an intermediate in the manufacture of refrigerants. In the early 20th century, it was used for the treatment of hookworm infestation. Today, PCE is widely used in dry cleaning. It is also used to degrease metal parts in the automotive and other metalworking industries. It appears in a few consumer products as well, including paint strippers and spot removers.

## What happens to PCE when it enters the environment?

Tetrachloroethene is a com-

mon soil contaminant. Much of the PCE that gets into water or soil evaporates into the air or is broken down by microorganisms. In the air, it is broken down by sunlight into other chemicals or brought back to the soil and water by rain. It does not appear to collect in fish or other animals that live in water.

## How can tetrachloroethene affect my health?

The U.S. Department of Health and Human Services has determined that tetrachloroethene may reasonably be anticipated to be a carcinogen. PCE has been shown to cause liver tumors in mice and kidney tumors in male rats. High concentrations of tetrachloroethene, especially in closed, poorly ventilated areas, can cause dizziness, headache, sleepiness, confusion, nausea, difficulty in speaking and walking, unconsciousness, and death. These symptoms occur almost entirely in work environments when people have been accidentally exposed to high concentrations.

## How might I be exposed to tetrachloroethene at home and how can I reduce my exposure?

The Naples Public Health Evaluation has identified three potential pathways for PCE to enter the body: contact with the skin by using PCE-contaminated tap water, ingestion of the chemical by drinking PCE-contaminated tap water, and inhalation of the chemical in indoor air when vapor intrusion occurs. Vapor intrusion occurs when VOCs, like PCE, that are present in groundwater or soil enter the indoor air of an overlying building, such as through small cracks or gaps in the foundation. Potential exposure to PCE through tap water and vapor

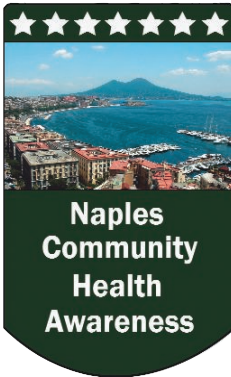
intrusion does not affect all Navy personnel. PCE

in tap water was found primarily in off-base homes that were illegally using groundwater as their water supply. By direction of the Navy, these homes have since been connected to the city water supply. Similarly, the potential for vapor intrusion has been identified in only some, not all, areas where the Navy has sampled in Naples.

## What is the Navy doing to address the PCE?

The health and safety of personnel and their families is a top priority in Naples. The Naples Public Health Evaluation is a big step toward determining the potential for health risks in the area as a possible result of improper trash disposal (including burning) and hazardous waste disposal. The goal is to develop as clear a picture as possible of what is happening and then take steps necessary to protect the health of the families at NSA Naples.

The Navy issued an All-Hands advisory to use bottled water for drinking, cooking, brushing teeth and making ice in 2008. This was a precautionary measure in response to preliminary sampling results indicating contamination in a significant number of residences. Using bottled water instead of tap water will eliminate much of the exposure to contaminants in tap water, such as VOCs. Drinking bottled water will not, however, eliminate the inhalation exposure from VOCs if vapor intrusion is occurring. The Navy has been conducting further investigations of areas where PCE exceedances have been found.



## EHIC has a new location

The Environmental Health Information Center (EHIC) at the U.S. Naval Hospital at the Support Site has moved. The EHIC is now located in Room 3137, on the second deck (third floor). The new phone number is 081-811-6321. Navy personnel, civilian employees and their families should contact the EHIC if they have questions about the environment and their health or the Naples PHE.

The Navy has also relocated families from homes where intrusion is potentially of concern.

## Where can I get more information?

For more information about PCE, visit the Agency for Toxic Substances and Disease Registry Web site at <http://www.atsdr.cdc.gov/>.

For questions about the Naples PHE and personal

health, contact the Environmental Health Information Center at the Support Site Naval Hospital in Gricignano at 081-811-6071. To learn more about the Naples PHE, watch for All-Hands e-mail messages, look for this weekly column in Panorama, and visit the Naples Community Health Awareness Web site: <https://www.cnic.navy.mil/Naples/Programs/HealthAwareness/index.htm>.



## Sixth Fleet commander speaks on APS 2010

Vice Adm. Harry Harris, commander, U.S. Sixth Fleet, and deputy commander, U.S. Naval Forces Africa, talks to news media, Tuesday, at the Foreign Press Center in Washington, D.C. Harris spoke to media from Africa, Europe and the United States about Africa Partnership Station (APS) 2010. APS, a U.S. Navy original initiative, is an international effort aimed at improving maritime safety and security on the continent of Africa through training and other collaborative activities with African partner countries. (Photo courtesy of Andrew Stike, U.S. Department of State)

# Better mental fitness will help prevent suicide, top Army psychiatrist says

By Army Sgt. 1st Class Michael J. Carden  
American Forces Press Service

Preventing suicide is more than simply recognizing the signs, it involves building strong community and individual support before the idea ever sets in, the Army's top psychiatrist and director of the Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury said Jan. 11 in Washington, D.C.

"[Suicide prevention] involves building and developing a tool kit for life," Army Brig. Gen. (Dr.) Loree K. Sutton said in her opening remarks at the 2010 departments of Defense and Veterans Affairs (VA) Suicide Prevention Conference.

The weeklong conference is geared toward increasing collaboration between the military services and VA by raising awareness and sharing best practices in prevention.

The "tool kit for life" Sutton describes includes a model of total fitness that addresses physical, emotional and spiritual needs, a sort of total level that the Defense Department and VA need to promote among their communities. It will be their best efforts in tackling the growing rate of suicide among veterans and military members, she said.

Sutton said healthy habits such as getting enough sleep, eating nutritious foods and feeling connected to something are important factors in keeping mentally fit.

She asked the audience to ponder a few questions: "Are we putting the kinds of fuel into our bodies that help our brains, our bodies, our souls [and] our spirit perform at maximum effectiveness and efficiency? Do each of us here today have at least two individuals that if we were to reach that hour of darkness, the moment of truth, that we could call a friend and gain that human-to-human, that heart-to-heart connection," Sutton asked. "Do we belong to a team? Do we have faith that leads us to a commitment that is greater than any of us as individuals?"

Sutton explained that if everyone – troops, leaders and family members – knew the answers to those questions about their family and fellow service members, "perhaps we would be a step further away from the terminal signs of hopelessness and despair."

Both departments recognize that psychological wounds are as dangerous as physical injuries, she said. They also understand that emotional distress is not limited to results of combat on the battlefield.

For that reason, the general said suicide prevention is a public health challenge. She cited a need to build resiliency among the individuals in society and in the military. Prevention shouldn't be left on the shoul-



**Army Brig. Gen. (Dr.) Loree K. Sutton, director of the Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury, delivers the opening remarks, Monday, at the 2010 Defense Department/Department of Veterans Affairs Suicide Prevention Conference in Washington, D.C. More than 1,000 military, government, health care officials and others attended the weeklong conference to collaborate their initiatives and experience in suicide prevention. (DoD photo by Army Sgt. 1st Class Michael J. Carden)**

ders of health care providers, but rather techniques should be taught by them in all levels of the community.

"Preventing suicide is far too important and too enormous of a challenge to be left to the docs," she said. "We're all in this together."

Both departments can revolutionize psychological health care through visionary leadership and a change in culture in which people come forward with their issues as well as recognize symptoms in others, she said.

Both departments recognize that suicide prevention is a growing problem with no easy solution. Although treatment works, the goal of those attending the conference should be to instill good life practices in their units and communities, she said, so treatment may become a last resort.

"We are on a journey," the general said. "We know that stigma can kill, hugs can heal, words can work, treatment can save and help is hope. We can tool up here this week, go home and apply these lessons and ask ourselves every day: Is what my team and I doing today action? Is our effort worthy of the service and sacrifice of those who we are so privileged to serve?"

"We're not content with today's best," she continued. "We must make today's best better."

## Navy message provides guidance on SRB program

From Navy Personnel Command  
Public Affairs

Navy officials provided a status update for the Selective Reenlistment Bonus (SRB) program Jan. 8 notifying Sailors that some SRB awards may be discontinued as manning levels in critical skills are met.

As reenlistment goals for particular skills are achieved, SRB award levels for those skills will be removed from the plan, but no earlier than 30 days following the release of a NAVADMIN announcing award levels, according to NAVADMIN 006/10.

SRBs enhance the Navy's ability to size, shape and stabilize manning by using a monetary incentive to encour-

age Sailors with critical skills and experience to stay Navy. It is a market-based incentive and award levels are strategically adjusted as retention needs dictate.

The message also reminds commands to re-familiarize themselves with the program, which was revised last year, as announced in NAVADMIN 006/09.

Commands must submit SRB reenlistment requests for eligible Sailors 35-120 days prior to the requested reenlistment date. SRB requests submitted less than 35 days in advance without substantial justification will not be accepted. Sailors can reenlist for SRB no more than 90 days prior to their end of active obligated service

(EAOS). Exceptions to this policy as well as complete SRB guidance are listed in OPNAVINST1160.8A. Commands should refer to NAVADMIN 250/09 for the most recent list of SRB eligible ratings and award levels.

More than 1,300 Sailors have already received SRBs this fiscal year. SRB funding is limited so SRB eligible Sailors are encouraged to plan ahead.

For more information, review the NAVADMIN at <http://www.npc.navy.mil/NR/rdonlyres/2BE37815-A44A-420A-A26F-455C21-A27D11/0/NAV10006.txt> or speak with a career counselor.

For more news from Navy Personnel Command, visit <http://www.navy.mil/local/npc/>.

## Release of Zone C results marks Perform to Serve's full integration

From Navy Personnel Command Public Affairs

Perform to Serve (PTS) results released Monday, mark the full implementation of the program since it was expanded in early 2009 to include all E-3 through E-6 Sailors with less than 14 years of service.

More than 95 percent of Sailors requesting to "stay Navy" in Zone C received a quota to reenlist.

"This is the first time we have utilized these force-shaping measures in Zone C. The December results are the consolidation of six months of input. It will be the largest month of separations for that zone. You will see much smaller [separation] numbers in future months," said Capt. Robert Loken, head enlisted community manager for the Navy.

Navy granted 1,339 reenlistment quotas to Zone C Sailors, who are Sailors with 10 to 14 years of service. Of the 98 Sailors who did not receive a quota for reenlistment, 31 submitted a PTS application indicating they desired not to reenlist. The other 67 Sailors may receive involuntary separation pay, if they meet certain criteria. Each record was individually reviewed for performance, paygrade, Navy Enlisted Classification qualifications, and the number of PTS reviews.

Several options are available to qualified Sailors who were not retained through the PTS process. Continued military service is available in the Selected Reserve or in the Army through the Blue to Green program. Other support services and benefits are still available through Navy's job transition assistance program and the Post-9/11 GI Bill.

"The Navy as a whole continues to evolve. As it evolves, it takes on new mission areas and former requirements go away. PTS allows us to shape the force to keep the best and most qualified Sailors needed to execute our mission," said Loken.

PTS is a centralized reservation system utilized by the Navy to manage reenlistments of active duty and full-time support Sailors in grades E-6 and below with less than 14 years of service. While most Sailors are permitted to reenlist in their current rate, Sailors in overmanned ratings may be offered reenlistment in an undermanned rating. Performance is a critical factor in PTS selection.

PTS was first launched in 2003 as a method for the Navy to shape manning to match mission requirement. It initially applied only to "first-term" Sailors in overmanned ratings. Last year, Navy expanded PTS to Sailors E-3 through E-6 with six to 10 years of service (Zone B), and then to Sailors E-3 through E-6 with 10 to 14 years of service. Sailors in paygrades E-1 and E-2 cannot apply to reenlist.

Sailors should consult their career counselors 15 months before their end of active obligated service to complete the appropriate paperwork, enabling the command to submit a PTS application, regardless of their reenlistment intentions.

"Get the applications in on time. Commands need to submit applications as early as possible in order to ensure Sailors get the maximum number of reviews," said Loken.

## Two new Navy Working Uniforms announced

From Chief of Naval Personnel Public Affairs

Two new Navy Working Uniforms (NWU) will hit the fleet in fiscal year 2011.

The first, NWU Type II, a desert digital camouflage uniform of four colors with the anchor, Constitution and eagle (ACE) logo embedded in the print, will be worn by special warfare operators and Sailors who support them during deployment and deployment training exercises.

"The desert camouflage uniform is not going away," said Capt. Vince Drouillard, branch head within Navy's personnel, plans and policy division. "Sailors, other than Navy special warfare operators and supporting Sailors, will continue to wear the current tricolor desert camouflage utility uniform in desert environments when issued by authorizing commands."

The second, NWU Type III, is a woodland digital camouflage uniform which also has four colors and the ACE logo embedded in the print. It will be the standard camouflage uniform worn in non-desert environments and stateside.

Both uniforms, announced in NAVADMIN 374/09, are organizational clothing provided to Sailors by commands authorized to issue them.

The unisex uniforms will begin conformance testing to validate design, fit and wear later in fiscal year 2010. Fleet implementation is expected to begin in late 2011 with deploying combat and direct command support commands and units receiving priority in the distribution process.

Both new uniforms have an authorized matching pattern Gortex parka with a removable fleece liner. Sailors can get complete information on the new NWU Type II and Type III uniforms in NAVADMIN 374/09 available at <http://www.npc.navy.mil>.

For more information on Navy uniforms visit <http://www.npc.navy.mil/commandsupport/usnavyuniforms/>.



## Virginia visits Naples

USS Virginia (SSN-774) cruises through the Bay of Naples, Jan. 7, while on a scheduled deployment within the U.S. 6th Fleet area of responsibility. USS Virginia is homeported in Groton, Conn., and is the lead boat of the Virginia-class of submarines. (U.S. Navy photo by MC2 (AW) William Pittman/Released)

# APS East arrives in Kenya

By Chief Mass Communication Specialist (SW/AW) Jason Morris,  
Africa Partnership Station East Public Affairs

Africa Partnership Station (APS) East arrived to Mombasa, Kenya, Monday, aboard APS platforms High Speed Vessel Swift (HSV 2) and USS Nicholas (FFG 47). Both Swift and Nicholas are in Kenya to participate in maritime exchanges.

“It is a real pleasure for me to be back in Mombasa on another APS deployment. Working closely with the Kenyan Navy is a wonderful experience,” said Capt. James Tranoris, commander, APS East. “Their Sailors are always eager to train with us, and their navy leadership is committed to strengthening maritime partnerships and improving maritime safety and security in the region. That commitment is exemplified by the Kenya Navy’s participation in APS, to include two officers assigned to the APS international staff ... and 10 Kenyan ship riders training onboard USS Nicholas throughout this deployment in East Africa.”

The ships have teams of maritime experts from the U.S. Navy and U.S. Marine Corps which will provide training and will participate in exercises with their African counterparts.

“The training that the Kenya Navy is receiving

is very important and will help increase the maritime skills of our Sailors,” said Kenya Navy Maj. Eliud Keter, the APS operations officer and senior Kenya military officer on the APS international staff. “Together, Kenya and APS make a good maritime team. No one country can do this alone. We must stand together in order to fight maritime injustice.”

The two ships will visit additional ports as part of this mission. During these visits, Swift and Nicholas will also embark 19 African ship riders from Kenya and Tanzania in order to conduct at-sea, professional exchanges on damage control, engineering, medical procedures, navigation and watch-standing.

Swift will also be taking part in the delivery of over 80,000 pounds of relief supplies that will be donated to those in need within Somalia. The supplies were donated through the Church of Jesus Christ of Latter-day Saints, organized by Nour International Relief Aid through Project Handclasp, and received and transported by the U.S. Navy and United Nations Support Office for the African Union Mission to Somalia (AMISOM). Medical and school supplies, clothing and blankets are some of the items being donated and transported to Somalia.



Information Systems Technician 1st Class (SW) Jeremy Katzenstein (right) discusses the capabilities of the Automatic Identification System (AIS) Jan. 7, with Africa Partnership Station (APS) international staff members aboard the high speed vessel Swift (HSV 2). Swift, along with USS Nicholas (FFG 47), is deployed as part of APS East and will visit ports in Djibouti, Kenya, Tanzania, Mozambique, Mauritius, Seychelles and Comoros. APS, originally a U.S. Navy initiative, is now an international effort aimed at improving maritime safety and security on the continent of Africa through training and other collaborative activities. (U.S. Navy photo by Chief Mass Communication Specialist (SW/AW) Jason Morris/Released)

## APS West: USS Samuel B. Roberts arrives in Gabon

By USS Samuel B. Roberts Public Affairs

USS Samuel B. Roberts (FFG 58) pulled into Port Gentil, Gabon, Monday, to conduct a series of military-to-military interactions, theater security cooperation engagements, and community relations (COMREL) projects.

While in-port, crew members of the ship will host tours and a reception in conjunction with U.S. Ambassador to Gabon Eunice Reddick, as well as participate in meetings designed to further the maritime relationship between both nations’ navies.

Cmdr. Chuck Sellers, commanding officer of the ship, will meet with several high-level leaders of Gabon’s government and military.

“It is a pleasure to operate with the Gabon naval professionals,” said Sellers. “We look forward to training with them and enjoying some fun soccer and basketball also.”

Samuel B. Roberts will be providing military-to-military training in visit, board, search, and seizure (VBSS), basic navigation, communications equipment, contact tracking with Automatic Information System (AIS) technology, and small boat maintenance.

Simultaneously, many Sailors will be spending time participating in community relations projects aiding two UNICEF children’s homes, the Centre Esperance et Mission d’Insertion and the Centre Nissi. The COMRELs will assist the facilities in basic construction repairs as well as deliver donated Project Handclasp supplies of hygiene and recreational items.

Members from the crew will also participate in group soccer and basketball games with local Gabonese teams as part of several planned team-building events, and afterward will donate additional Project Handclasp supplies of soccer balls and jerseys.

Samuel B. Roberts, a guided-missile Oliver Hazard Perry Class-frigate, is homeported in Mayport, Fla. and is currently on a scheduled deployment in the U.S. 6th Fleet area of responsibility.

## MORE INSIDE PAGE...

VOLUNTEERS NEEDED *continued*

**NAPLES OVERSEAS SPOUSES CLUB (NOSC).** Volunteer opportunities with mileage and child care reimbursement. NOSC needs volunteers to work at their Forgotten Treasures Thrift Store during the summer, weekends, nights, and on a daily basis. FMI, e-mail noscshop@gmail.com or call 081-811-4200.

## ONGOING/ON THE HORIZON

**SECURITY NOTE:** All DoD military or civilian personnel hosting an event must complete a Special Event Force Protection Plan (SEFPP) 45 days in advance, regardless of organization, if held off base and involving 50 or more personnel or a gathering where distinguished visitors are involved. FMI, contact the AT/FP Division at 081-568-6300, or visit their office in Bldg. 447, behind BEQ II, at Capodichino.

**THE WELFARE & RECREATION ASSOCIATION** is available to meet associates every Thursday from 11 a.m. to 1 p.m. at their location on the first floor of Building 450 upstairs from Capo Landing. FMI, visit their Web site at <http://www.wraitalia.it>.

**NAPLES OVERSEAS SPOUSES CLUB OFFERS SCHOLARSHIPS** to high school seniors, undergraduate and graduate students. For more information and to apply, visit their Web site at <http://www.noscitaly.com>.

**THE KNIGHTS OF COLUMBUS**, San Gennaro council 14853, meets at 6 p.m. the fourth Wednesday of every month at the Capodichino Chapel Fellowship Hall. E-mail Jaime Gonzalez at [kofcnaples@gmail.com](mailto:kofcnaples@gmail.com) or visit <http://sites.google.com/site/kofcnaples/home> for schedule of events and more information.

**NAPLES AMERICAN RED CROSS** holds orientation from 8:30-10 a.m. the first Wednesday of every month. Contact the American Red Cross Office for more info at 081-568-4788.

**AMERICAN SOCCER CLUB (ASC) NAPOLI ONGOING PRACTICES WEEKLY.** Winter Soccer Training for players age 13+ is taking place from 5:30-7:30 p.m. Tuesdays and Thursdays at the South (lighted) Support Site fields. FMI, visit <http://www.ascnapoli.com> or email [ASCPrez4@yahoo.com](mailto:ASCPrez4@yahoo.com).

**ULTIMATE FRISBEE CLUB HOLDS PICK-UP GAMES**, 2 p.m., every Sunday at the Support Site Central Park (field by the pool) and 6 p.m. Thursdays at the Support Site South Park (softball field behind the school). FMI, contact Edward.Butzius@dla.mil.

**PROTESTANT WOMEN OF THE CHAPEL (PWOC)** holds Fall Bible Study every Tuesday at 9 a.m. (childcare provided) or 6 p.m. (no childcare) at the Support Site Fellowship Hall. FMI, contact Sheryl Sandros at 333-648-9503.

**MORALE, WELFARE & RECREATION IN SEARCH OF A DJ.** MWR invites proposals for their DJ entertainment schedule of events. FMI, contact Mariella D'Amico CNREURAFSWA NAF Business Office at 081-5684836 or by e-mail to [Mariella.D'amico.it@eu.navy.mil](mailto:Mariella.D'amico.it@eu.navy.mil). Deadline for submissions is noon Dec. 1.

**TOUCH OF HEALING PRAYER WORSHIP**, noon to 12:30 p.m., every Thursday in the U.S. Naval Hospital Naples Chapel. This is a "Healing/Aointing Prayer" worship service for patients, staff and family members; provided by Chaplain Phillip Clark.

**'NEW BEGINNINGS BIBLE STUDY,'** noon to 12:30 p.m., every Tuesday at the USNH Naples Chapel. Those hungering for spiritual food are invited to bring a bag lunch, sodas will be provided.

**HARRY S. TRUMAN LODGE NO. 649 MEETS**, every Friday at 7:30 p.m. FMI, contact Francis Villareal at 334-645-9978 or [Francis.villareal@eu.navy.mil](mailto:Francis.villareal@eu.navy.mil). Visit <http://www.hst649.org>.

**NAPLES HIGH SCHOOL ADVISORY COMMITTEE (SAC)** meets at 4:30 p.m. the first Tuesday of every month in the high school's Media Center. The meetings are open to the public. E-mail issues, questions or comments, to be addressed by the committee, to [napleshssac@yahoo.com](mailto:napleshssac@yahoo.com).

**NEW PARENT SUPPORT OFFERS WEEKLY STROLLER WALK.** Meet every Tuesday at 8 a.m. in front of Naples Elementary or Wednesday at 10 a.m. at the Village Forum circular drive (next to Navy Lodge/across from library). For more info., call FFSC at 081-811-6372.

**NAVY COLLEGE LEARNING CENTER** offers self-paced computer courseware for the ASVAB, SAT, ACT, CLEP or GED exams. FMI, contact NCLC at CAPO, Admin II, Monday-Thursday from 8 a.m. to 5 p.m. and Friday from 8 a.m. to noon, or call 081-568-4006.

**MEN'S BIBLE STUDY "THE EDGE"** from 12:30-1:30 p.m., every Wednesday at JFC Naples, in the NCCC, room 223. FMI, contact Ben Shevchuk, 347-971-8416.

**RECEIVE DAILY REFLECTION** – an inspirational thought-for-the-day sent out by e-mail throughout the work week. To receive Daily Reflection, e-mail a request to Chaplain Charles Luff at [charles.luff@eu.navy.mil](mailto:charles.luff@eu.navy.mil).

**PRAYER LUNCH HELD**, noon to 12:30 p.m., Monday and Tuesday at the U.S. Naval Hospital Chapel. FMI, contact Chaplain Phillip Clark at 081-811-6451 or by e-mail to [phillip.clark@med.navy.mil](mailto:phillip.clark@med.navy.mil).

**TEENS INTERESTED IN BABYSITTING** bring Red Cross Certified Babysitting Course card along with a personal business card to the Fleet and Family Support Center (FFSC). FMI, call FFSC at 629081-811-6372.

**MAINTAGE ENTERTAINMENT FOR THE PERFORMING ARTS.** For more information, visit <http://www.naplesmaintage.org> or call 331-570-2879.

**QUILTERS AROUND THE WORLD MEETS** the second Thursday of every month to share ideas and inspire one another. Quilters of all levels are welcome. FMI, e-mail [qatw.napoli@yahoo.com](mailto:qatw.napoli@yahoo.com) or call 348-430-934.

**NAPLES-AREA GIRL SCOUTS:** [naplesgs@yahoo.com](mailto:naplesgs@yahoo.com).

**RED CROSS DISASTER ACTION TEAM:** 081-568-4788.

**NSA CHAPEL/USNH NAPLES MEDITATION GROUP**, 7 p.m., Mondays (first-timers, arrive at 6:30 p.m.) Support Site side chapel (use side door under the clock tower). FMI, send an e-mail to [bzzaragoza@yahoo.com](mailto:bzzaragoza@yahoo.com).

**COMPASS NAPLES NAVY SPOUSE TEAM MENTORING PROGRAM:** for information call 081-811-4606 (leave a message) or e-mail [COMPASSNaples@nsfamilyline.org](mailto:COMPASSNaples@nsfamilyline.org).

**WOMEN, INFANTS, CHILDREN (WIC) OVERSEAS PROGRAM OFFERED** at NSA Naples. Women who are pregnant, postpartum or have an infant or child under the age of five may qualify for the WIC Overseas program – a nutritional education program which provides supplemental foods. For more info., contact the WIC Overseas office at 081-811-4962/60.

**FILIPINO-AMERICAN ASSN MEETS EVERY SECOND WEDNESDAY**, 6 p.m., the Support Site BEQ recreation room. FMI, contact William Ratcliffe at 335-182-9669 or by e-mail to [william.ratcliffe@med.navy.mil](mailto:william.ratcliffe@med.navy.mil); Manny Manlogon at 346-079-6293 or by e-mail to [lemuel.manlogon@med.navy.mil](mailto:lemuel.manlogon@med.navy.mil); or Michael Dela Cruz at 346-582-3298 or by e-mail to [michael.delacruz@med.navy.mil](mailto:michael.delacruz@med.navy.mil).

**NAPLES BOY SCOUTS SIGN-UPS**, Mondays 7-8:30 p.m. at the Community Center or contact Larry Ollice at 081-892-8612, or visit <http://www.scoutingnaples.org>. Learn survival skills, and experience adventures, challenges, responsibility, friendship and the great outdoors.

**MONTHLY CHILD FIND SCREENINGS AT NES.** Ongoing identification of children with special needs as part of Naples Child Find, which identifies children between the ages of three and five who may have developmental delays and may need special education and related services. If you are concerned about your child's motor, cognitive, speech, language and/or social-emotional development, call 081-811-4044 for an appointment.

**ATTN MILITARY RETIREES AND SURVIVORS:** Connect to the retired community through membership in the U.S. Military Retiree Association of Southern Italy (USMRA-SI). For info and an application, visit <http://usmra-si.tripod.com> or call 329-208-7315.

**SPOT A STRAY OR LOST PET?** Contact Emergency Dispatch Center, 081-568-5638/39.

**NAPLES CHRISTIAN HOMESCHOOL ASSOCIATION** provides support and activities throughout the school year. FMI, contact Mindy Doyle at [mindydoyle@yahoo.com](mailto:mindydoyle@yahoo.com).

**NAPLES-AREA USAF RETIREES**, get information or an invitation to upcoming events and social activities by contacting Wylie Miller, USAF Retiree Affairs representative, 329-208-7315 or [wkmiller@tin.it](mailto:wkmiller@tin.it).

**SAIL WITH THE NAPLES NATO YACHT CLUB (NNYC) AMERICAN TEAM.** We are looking for Americans interested in participating in dinghy races sailed at the NNYC facilities on the island of Nisida. Experience not required. FMI, contact Bill Carty at [wwcarty@yahoo.com](mailto:wwcarty@yahoo.com).

**CARNEY PARK LADIES GOLF ASSN** meets 9 a.m. Mondays. All skill levels welcome. Discounted play with membership. FMI, Carol Borkowski, 081-804-3345, or Carney Park Golf Course at 081-526-4296.

**TOBACCO CESSATION**, USNH Health Promotions Classroom and Capodichino. A four-week Freedom from Smoking class. To register, call 081-811-6313/6311.

**EDIS SCREENINGS NOW AVAILABLE**, Room W09, Support Site Village Forum. For eligible children who have not reached their third birthday. If you are concerned about your child's development, contact EDIS at 081-811-4676.

**LATINOS UNIDOS WELCOMES NEW MEMBERS.** Meetings are at 2 p.m. the first Sunday of every month at the Support Site park. For more info, contact Michael Cortez, [Michael.cortez@eu.navy.mil](mailto:Michael.cortez@eu.navy.mil), 334-6771-0327, or Gabriel Sereno, [Gabriel.sermenom@eu.navy.mil](mailto:Gabriel.sermenom@eu.navy.mil), 081-811-5554

## Reel 2 Times cinema

**Friday, January 15**  
4 p.m. Twilight Saga:  
New Moon, PG-13  
5:30 p.m. Fantastic Mr. Fox, PG  
7:45 p.m. The Men Who Stare at  
Goats, R  
9 p.m. Ninja Assassin, R, 2100  
Plus Movie & *Premiere Show*

**Saturday, January 16**  
Noon Fantastic Mr. Fox, PG  
2:30 p.m. Everybody's Fine, PG-13,  
*Premiere Show*  
3 p.m. Alvin and the Chipmunks:  
The Squeakquel, PG  
5:30 p.m. Sherlock Holmes, PG-13  
6 p.m. Fantastic Mr. Fox, PG  
8:30 p.m. Everybody's Fine, PG-13  
8:45 p.m. It's Complicated, R

**Sunday, January 17**  
Noon Planet 51, PG  
1:30 p.m. Avatar, PG-13  
3 p.m. Alvin and the Chipmunks:  
The Squeakquel, PG  
4:45 p.m. Sherlock Holmes, PG-13  
6 p.m. Old Dogs, PG  
7:45 p.m. Everybody's Fine, PG-13  
9:15 p.m. Ninja Assassin, R

**Monday, January 18**  
**HOLIDAY MOVIE HOURS**  
Noon Planet 51, PG  
1:30 p.m. Avatar, PG-13  
3 p.m. Alvin and the Chipmunks:  
The Squeakquel, PG  
4:45 p.m. Sherlock Holmes, PG-13  
6 p.m. Old Dogs, PG

8:30 p.m. Everybody's Fine, PG-13  
9:15 p.m. Ninja Assassin, R

**Tuesday, January 19**  
4 p.m. Avatar, PG-13  
5 p.m. Fantastic Mr. Fox, PG  
7:45 p.m. Everybody's Fine, PG-13  
8:45 p.m. Sherlock Holmes, PG-13

**Wednesday, January 20**  
**MID WEEK FAMILY MATINEE**  
Noon Disney's A Christmas  
Carol, PG, *Last Show*  
2:30 p.m. Everybody's Fine, PG-13  
4:15 p.m. 2012, PG-13  
5:30 p.m. Avatar, PG13, *Last Show*  
7:45 p.m. Pirate Radio, R  
8:45 p.m. The Men Who Stare at  
Goats, R, *Last Show*

**Thursday, January 21**  
Noon Alvin and the Chipmunks:  
Squeakquel, PG  
3 p.m. Fantastic Mr. Fox, PG  
5 p.m. Sherlock Holmes, PG-13  
5:45 p.m. Twilight Saga:  
New Moon, PG-13  
8:30 p.m. The Fourth Kind, PG-13,  
*Last Show*  
8:45 p.m. Ninja Assassin, R

**Friday, January 22**  
4 p.m. Fantastic Mr. Fox, PG  
5:30 p.m. Twilight Saga: New Moon,  
PG-13  
6:15 p.m. Everybody's Fine, PG-13,  
8:45 p.m. Armored, PG-13, *Premiere Showing*  
9 p.m. Pirate Radio, R, 2100 Plus  
Movie

## Movie descriptions

No Children Under 10  
Admitted to R-Rated Movies

**ARMORED**, PG-13, for sequences of intense violence, some disturbing images and brief strong language, Action/Adventure, Drama and Thriller, 85 min. Cast: Matt Dillon, Jean Reno, Laurence Fishburne, Amaury Nolasco and Fred Ward. A crew of armored truck guards executes a meticulously planned robbery of their own security firm, but when their seemingly foolproof plan unravels, the men turn against each other as they desperately try to save themselves.

**NINJA ASSASSIN**, R, for strong bloody stylized violence throughout, and language, Action/Adventure, 99 min. Cast: Rain, Naomie Harris, Ben Miles, Rick Yune and Sho Kosugi. Raizo is one of the deadliest assassins in the world. Taken from the streets as a child, he was transformed into a trained killer by the Ozunu Clan, a secret society whose very existence is considered a myth. But haunted by the merciless execution of his friend by the Clan, Raizo breaks free from them...and vanishes. Now he waits, preparing to exact his revenge. In Berlin, Europol agent Mika Coretti has stumbled upon a money trail linking several political murders to an underground network of untraceable assassins from the Far East. Defying the orders of her superior, Ryan Maslow, Mika digs into top secret agency files to learn the truth behind the murders. Her investigation makes her a target, and the Ozunu Clan sends a team of killers, led by the lethal Takeshi, to silence her forever. Raizo saves Mika from her attackers, but he knows that the Clan will not rest until they are both eliminated. Now, entangled in a deadly game of cat and mouse through the streets of Europe, Raizo and Mika must trust one another if they hope to survive and finally bring down the elusive Ozunu Clan.

**EVERYBODY'S FINE**, PG-13, for thematic elements and brief strong language, Comedy, Drama and Remake, 95 min. Cast: Robert De Niro, Drew Barrymore, Kate Beckinsale, Sam Rockwell, and Lucian Maisel. A widower (Robert De Niro) embarks on an impromptu road trip to reconnect with each of his grown children only to discover that their lives are far from picture perfect.

**OLD DOGS**, PG, for some mild rude humor, Comedy and Kids/Family, 88 min. Cast: John Travolta, Robin Williams, Kelly Preston, Ella Blue Travolta and Lori Loughlin. Two best friends -- one unlucky-in-love divorcee and the other a fun-lov-

ing bachelor -- have their lives turned upside down when they're unexpectedly charged with the care of 7-year-old twins while on the verge of the biggest business deal of their lives. The not-so-kid-savvy bachelors stumble in their efforts to take care of the twins, leading to one debacle after another, and perhaps to a new-found understanding of what's really important in life.

**FANTASTIC MR. FOX**, PG, for action, smoking and slang humor, Action/Adventure, Comedy, Animation and Adaptation, 87 min. Cast: George Clooney, Meryl Streep, Jason Schwartzman, Bill Murray and Wallace Wolodarsky. Mr and Mrs Fox live an idyllic home life with their son Ash and visiting young nephew Kristopherson. But after 12 years, the bucolic existence proves too much for Mr Fox's wild animal instincts. Soon he slips back into his old ways as a sneaky chicken thief and in doing so, endangers not only his beloved family, but the whole animal community. Trapped underground and with not enough food to go around, the animal's band together to fight against the evil Farmers -- Boggis, Bunce and Bean -- who are determined to capture the audacious, fantastic Mr Fox at any cost.

**TWILIGHT SAGA: NEW MOON**, PG-13, for some violence and action, Action/Adventure, Thriller, Romance, Sequel and Adaptation, 121 min. Cast: Kristin Stewart, Robert Pattinson, Taylor Lautner, Ashley Greene and Michael Sheen. The supernatural tale of star-crossed lovers continues as the Cullen family flees Forks in order to protect Bella (Kristen Stewart), and the heartbroken high-school senior discovers that vampires aren't the only creatures in town. Realizing that Bella will never be safe as long as he's around, Edward (Robert Pattinson) makes the difficult decision to leave his beloved behind shortly after her 18th birthday. Reeling from her loss, Bella embraces self-destruction after being comforted by Edward's image during a moment of mortal peril. But as heavy-hearted as Bella may be, her old friend Jacob (Taylor Lautner) distracts her from her sorrows by helping her renovate a weather-beaten motorbike. When Bella encounters a former adversary with a sizable grudge, she's rescued from harm at the last second by pack of enormous, ferocious wolves. Subsequently delving into the history of the Quileutes, Bella discovers the secrets of Jacob's tribe while looking forward to a reunion with Edward that may have deadly consequences.

## NKO

*Continued from page 4*

The BIB links take Sailors to the PDF files for the applicable instruction or publication where they can be viewed, downloaded or printed.

Not all of the BIB references can be linked, as many rates have occupational references from classified, commercial or copyrighted sources, but the majority of the references will have links to PDF files.

"We're working to get the rights to as many of the copyrighted references as possible," said Schultz. "There will always be some that we won't be able to get, and we will do our best to provide Sailors with the information they need to obtain those references, but we should have the vast majority available through the links on the NKO BIB pages.

"It's important that Sailors review their BIBs before every exam," said

Master Chief Electrician's Mate (SS) Jeromie Cook, Naval Education and Training Professional Development Technology Center command master chief. "Each cycle's exams are different, and the BIBs that will be listed and linked through NKO are tailored specifically for that exam cycle. If a Sailor is relying on BIBs from past exams, then he or she may miss some important references. Publications and instructions are also constantly being updated, so it's important to have the information that corresponds to that specific cycle's exam."

Cook also added that the BIBs on the NKO and NAC reference pages are the exact same material subject matter experts use to develop the tests at the Advancement Exam Development Conferences.

"The occupational links for all the ratings at every rank won't be available immediately," said Schultz. "It will take a little while to get all the source documents from the BIBs con-

verted and uploaded, but we're working as fast as we can."

Classified ratings will have their unclassified BIBs linked on NKO, and in the near future the classified BIBs will be available through the SIPR-NET (classified) sites.

NKO already offers several links to government and commercial publications, some of which are used to develop advancement exams. For example, under the "Reference Tab" the link to "Navy Library E-Content" provides Sailors with several links to several subject areas. Under the "E-Content – Computers / IT" link is a "Safari Books Online" Web gear that provides access to commercial publications used by the IT (information systems technician) rating.

For more info. on advancement, visit the NAC Web site at: <https://www2.netc.navy.mil/advancement>

And watch for the advancement Web pages soon to appear on NKO: <https://www.nko.navy.mil>.



Above: La Boqueria market is Barcelona's flagship market. This market has everything a person might need to whip up an incredible meal, such as the freshest produce, seafood, as well as ready made pastas and fresh meat.

## Experience Barcelona, Spain

Story and photos by MCI (NAO) John Parker, NSA Naples assistant Public Affairs Officer)

Anyone looking for something to do this year that offers a little bit of everything for everyone, visiting Barcelona, Spain could be the perfect thing to do. It's fascinating to explore its early history/archeology and the architecture is stunning.

Barcelona has been a center of Modernist architecture and is distinguished specifically by the works of Antoni Gaudí, who together with his great contemporaries, gave new and exciting looks to the city, but has since remained at the top of modernity.

Barcelona is a must for anyone who wants to experience European culture. There are plenty of places to soak it up -- the Cathedral de la Sagrada Familia, the Museu Picasso and the Port Olympic and a tour of Camp Nou Stadium where FC Barcelona plays soccer, to name but a few.

It's not all about culture though. Barcelona is a great place to go for shopping. Las Ramblas shopping avenue is one of the most famous in Europe. There are some real bargains to be found if one takes the time to look around.



L'Aquàrium de Barcelona, a marine leisure and educational centre on the moll d'Espanya del Port vell, by the sea. This is a wonderful place to take the kids or to just relax and learn.



The Camp Nou Tour is the best way to experience Barça Football (soccer). Visitors can view every corner of the stadium and get a first-hand look at the places where day to day life takes place at the club and feel the magic of a five star venue. The tour includes the presidents box, the press area, the changing room area and then down the tunnel and onto the pitch where visitors can enjoy a panoramic view of the stadium and really sense the dream of every Barcelona team supporter, to feel for a moment just what it would be like to be a Barça player.

Page 1: The building that today houses the Port Authority of Barcelona was planned in 1903 and completed in 1907. It is now classified as historic and artistic architectural heritage.

Jobs

HRO

**NEW LINK:** <https://www.cnic.navy.mil/Naples/Programs/Departments/HumanResourcesOffice/Jobs/index.htm>  
**The Human Resources Office, located at Capo Admin I first floor, customer service hours: Monday through Friday, from 8 a.m. to 3:30 p.m.**  
*Applications are accepted at the Security Pass and ID Office at Capodichino and Gricignano, or at the HRO, located in Admin 1, Capodichino, or by mailing to: HRO, PSC 817 Box 29, FPO AE 09622, or at Fleet and Family Service Center (FFSC) located on the TLA first floor, at Support Site. HRO must receive mailed applications by closing date of the vacancy announcement. Local national applicants can request status of their application through the HRO website "Online Contact Form" at [http://www.nsa.naples.navy.mil/hro/tell\\_us.htm](http://www.nsa.naples.navy.mil/hro/tell_us.htm).*

U.S. POSITIONS

*For a current list of U.S. vacancies and application process information visit our NEW Web site at: <https://www.cnic.navy.mil/Naples/Departments/HumanResourcesOffice/Jobs/index.htm>*

**CLOSING 21 JAN 10**  
**Lead Facilities Management Specialist**, YA-1601-02, ANN# EUR10-566387-AV, Full Time Permanent  
**Program Analyst**, YA-0343-02, ANN# EUR10-565594-AV, Full Time Permanent  
**Supervisory Information Technology Specialist**, YC-2210-03, ANN# EUR10-568472-AV, Full Time Permanent  
**Information Technology Specialist (Customer Support)**, YA-2210-01 KPP 02, ANN# EUR10-567420-AV, Part Time Permanent  
**Information Technology Specialist (Customer Support)**, YA-2210-02, ANN# EUR10-567422-AV, Part Time Permanent  
**Management and Program Analyst**, YA-0343-02, ANN# EUR10-564193-AV, Full Time Permanent  
**Information Technology Specialist (Requirements/Readiness Analyst)**, YA-2210-02, ANN# EUR10-541860-EG, Full Time Permanent  
**Information Technology Specialist (INET)**, YA-2210-02, ANN# EUR10-541928-EG, Full Time Permanent  
**Information Technology Specialist (SYS ADMIN/CUST SUPT)**, YA-2210-02, ANN# EUR10-541904-EG, Full Time Permanent  
**Information Technology Specialist (Application Software Developer- APPSW)**, YA-2210-02, ANN# EUR10-541825-EG, Full Time Permanent

**cialist (Security)**, YA-2210-02, ANN# EUR10-541879-EG, Full Time Permanent

OPEN CONTINUOUS

**Education and Training Tech (CDC), (Multiple Positions)**, YB-1702-01, ANN# EUR10-535409-SC-A, Full-Time Permanent

COURTESY US VACANCY ANNOUNCEMENT

*Tessada Associates, Inc. is seeking a Facility Management Database Specialist (Database Sustainment Specialist) to work in Naples, Italy. To apply online visit: <http://www.tessada.com> Community Bank, Banking Center Service Supervisor, Capodichino U.S. Navy Base, Naples, Italy. To apply online, please use the "Careers" link at: <http://www.dodcommunitybank.com>, or submit your resume at HR Europe: [pia.krucker@dodcommunitybank.com](mailto:pia.krucker@dodcommunitybank.com) Member Service Representative, Naples Italy. Apply on-line at <http://www.navyfederal.org>*

LOCAL NATIONAL (LN) POSITIONS

*For a current list of LN vacancies and application process information visit our NEW Web site at: <https://www.cnic.navy.mil/Naples/Programs/Departments/HumanResourcesOffice/Jobs/index.htm>*

**CLOSING 28 JAN 10**  
Safety Technician, Ua-0019-03, ANN# 62588-573060-SC, Full Time Permanent

NON-APPROPRIATED FUND (NAF) POSITIONS

*Fleet & Family Readiness NAF Local Naples job announcements within CNREURAFSWA may be viewed at [https://www.cnic.navy.mil/Naples/Recreation/CNICD\\_A059280](https://www.cnic.navy.mil/Naples/Recreation/CNICD_A059280) The necessary application forms are also available on line. For any questions you have you may reach us at 081-568-5612/4164.*

NSA NAPLES POSITIONS, MWR OPEN CONTINUOUS POSITIONS

**Recreation Aid**, NF-0189-01, ANN# 08-099, MULTIPLE POSITIONS, flexible, Fitness

Forum, Support Site. Job Summary: Assist in the operations of the fitness program.

**Recreation Aid**, NF-0189-01, ANN# 09-102, flexible, NOR Center, Carney Park. Job Summary: Provides and maintain recreation and athletic equipment issue.

**Recreation Aid**, NF-0189-01, ANN# 08-164, flexible, Community Services, Capodichino. Job Summary: Provides information concerning facility, operation and regulations.

**Recreation Aid (Intramural Sports)**, NF-0189-01, ANN# 09-091, flexible full time, Fitness Forum, Support Site. Job Summary: Assists the Sport Coordinator to plan the fitness activities

**Recreation Aid**, NF-0189-01, ANN# 09-104, flexible, Auto/Skills Center, Support Site. Job Summary: Provides information concerning facility, operation and regulations. Ensures adherence to regulations and safety procedures.

**Recreation Aid**, NF-0189-01, ANN# 09-129R, flexible, Reel Time Theater II, Support Site. Job Summary: This position transacts the sale of refreshments at the theater snack bar.  
**Recreation Assistant**, NF-0189-02, ANN# 08-006, flexible, Fitness Forum, Support site. Job Summary: Provides instructions to patrons in a variety of physical fitness classes.

**Child & Youth Program Assistant**, CY-1702-I/II, ANN# 09-101, regular part time, Child Development Centers, School Age Care, Youth Programs, Support Site/Capodichino/Carney Park. Job Summary: Care and instruction for children and youth from 6 wks to 18 yrs.  
**Cook**, NA-7404-05, ANN # 09-138, regular full time, Child Development Center, Capodichino. Job Summary: Prepares two meals and two snacks daily for children up to 6 years of age.

NEX

**Gricignano, Building 2091-B**  
**Call 081-813-5252/5253/5254**  
**DSN: 629-4774**  
**Mon. - Fri. 8 a.m. – 3:30 p.m.**

*NEX Job opportunities are now posted on the Web at <http://www.navy-nex.com> Submit completed applications to NEX Human Resources Office located above the Main Exchange. If you have questions please call the above numbers.*

U.S. NAF POSITIONS AVAILABLE

*CURRENT U.S. FLEXIBLE POSITIONS MAY BE NON-COMPETITIVELY CHANGED TO REGULAR POSITIONS*

**GRICIGNANOMAIN STORE**  
**Ann# 001-09 Cashier Checker/Frontlines**/NF-2091-01/FLEX – Closes: 02/05/10  
**Ann# 002-09 Sales Clerk**/NF-2091-01/FLEX – Closes: 02/05/10  
**Ann# 004-09 Security/Guard/Loss Prevention**/NF-2091-01/RFT-Closes: 02/05/10  
**Ann# 005-09 Store Worker**/NA-6914-02/FLEX – Closes: 02/05/10  
**Ann# 040-09 Lead Sales Clerk/Consumables**/NF-2091-01/RFT-Closes: 01/22/10

**GRICIGNANO MINI MART**  
**Ann# 010-09 Sales Clerk**/NF-

2091-01/FLEX – Closes:02/05/10

**DISTRIBUTION CENTER, GRICIGNANO**  
No Vacancies

**CAPODICHINO NEX MART**  
**Ann# 014-09 Sales Clerk**/NF-2091-01/FLEX – Closes: 02/05/10  
**An n# 036-09 Customer Service Clerk**/NF-2091-01/RFT-Closes: 01/22/10

**EUROPE DISTRICT OFFICE (Gricignano Main Store)**  
No Vacancies

**GRICIGNANO NAVY LODGE**  
No Vacancies

**JFC-NATO MINI MART**  
No Vacancies

LOCAL POSITION

No Vacancies



Adm. Mark Fitzgerald (right), commander Joint Force Command Naples salutes as the Honorable Christopher Dell, United States ambassador to Kosovo (left) looks on during the Honors Cordon Ceremony Dec. 2 at JFC.

## US Ambassador to the Republic of Kosovo visits JFC

Story and photos by Senior Airman Karla Bustamante, USA AF, JFC Naples Public Affairs Office

Honorable Christopher Dell, United States ambassador to Kosovo, met with the Adm. Mark Fitzgerald, commander Joint Force Command Naples Dec. 2.

Fitzgerald hosted Ambassador Dell for the duration of the visit which included a meeting with Joint Force Command Senior Staff at its

headquarters in Bagnoli, Naples.

Dell was confirmed July 10, 2009 by the Senate to be the U.S. Ambassador to the Republic of Kosovo and sworn-in July 31. Previously, he served as deputy Chief of Missions at the U.S. Embassy in Kabul from 2007-2009. He also served in the Republic of Zimbabwe from 2004 until July 2007, and from 2001-2004, he was the U.S. Ambassador to the Republic of Angola.

## Podcast series addresses post-deployment challenges

From American Forces Press Service

Service members and their families can get help coping with post-deployment stress through a new series of podcasts profiling the personal stories of those who have lived it.

“Combat brings individuals face-to-face with the harshest demands imaginable. In fact, it’s impossible to be unaffected by these experiences. Stress reactions, family and relationship difficulties, and work conflicts can affect an individual’s emotional well being.”

These words set the stage for the premiere episode of “There and Back,” an audio podcast series developed by afterdeployment.org, a Defense Department Web site developed by the National Center for Telehealth and Technology and the Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury.

The podcast series is directed to the entire military community to help manage some of the challenges faced by service members and their families following a deployment, defense officials said.

“Learning About Depression,” the initial ten minute podcast in the “There and Back” series is a tapestry woven of education, encouragement and emotional intimacy.

Dr. Jenifer Alford, a clinical psychologist and afterdeployment.org’s functional director, guides listeners through the world of depression. “Depression can happen to just about anyone given the right set of circumstances,” Alford says. “Taking no action, or believing that time will heal the depression, could result in the depression getting worse or lasting longer.”

The podcast is punctuated by service members and their families telling their personal stories, allowing listeners to know that they are not alone in their struggles.

To listen to “There and Back: Learning about Depression,” go to <http://www.afterdeployment.org/adpodcast/audio/LearnAboutDepression.mp3> or visit the Podcasts section of the DCoE Web site.

To receive future episodes of “There and Back,” subscribe free at iTunes.com. Upcoming episodes will discuss post-traumatic stress, anger management, sleep problems, and relationship issues.

## Second Quarter traffic safety training events scheduled

Provided by NSA Naples Safety Office

**Motorcycle Mentorship Classes:** This class is mandatory for all persons who do not have a motorcycle endorsement and wish to obtain one through their licensing state or through MVRO. The motorcycle endorsement is mandatory to register and or ride a motorcycle/moped. (classroom only, no gear required).

Class is held from 8:30 a.m. to 4 p.m. in Admin II (Capo) safety training room (G53) on the following dates: Feb. 20 and March 27

### Basic Riders Course:

This is a three-day class which includes both classroom and hands on instruction. Mandatory for all persons who:

- Wish to register a motorcycle/moped and have no record of completing a Motorcycle Safety Course.
- Wish to rent a moped/scooter and have no record of completing a Motorcycle Safety Course.
- Wish to get a Motorcycle Endorsement from their licensing state or through MVRO and have enrolled in the Naples Motorcycle Mentorship Program.

Class is held from 8:30 a.m. to 4:30 p.m. in Admin II (Capo) safety training room (G53) and on the range located in front of the Commissary on the Support Site on the following dates: Jan. 19-21; Feb. 1-3; and March 19-21.

**Experienced Riders Course:** One-day class, conducted on the range, for motorcycle/scooter operators with a motorcycle endorsement who have completed the Basic Riders Course. They must have their own motorcycle unless they are a rider who did not ship a motorcycle overseas and are taking the course to keep their certification current.

Classes are held on the Motorcycle Range at the Support Site in front of the Commissary on the following dates: Jan. 23; Feb. 19; and March 4.

**Military Sport Bike Riders Course:** One-day class consisting of both classroom and hands on instruction. This course is mandatory for all sport bike riders, whom have completed the Basic Riders Course.

This class is held from 8:30 a.m. to 5 p.m. The classroom portion is held in the community center on the Support Site and the hands-on portion is conducted on the range. The student must have

their own sport bike to enroll in this course.

This class will be offered on the following dates: Jan. 22 and March 17.

**AAA/DIP:** This is a one-day class for all military personnel under the age of 26 who have no record of completing a Driver Improvement Course – Any person who will be driving a military vehicle for eight or more hours a week, and/or any person who is has been cited for serious traffic offenses.

This class is held from 8:30 a.m. to 4:30 p.m. in Admin II (Capo) safety training room (G53) on the following dates: Jan. 27; Feb. 17; and March 24.

**Rider Coach Prep (Instructor Course):** NSA Naples will hold an instructor course for the basic rider and Experienced Rider Course from Feb. 21 to March 4. Rider Coach Candidates must have a motorcycle endorsement; currently own and operate a motorcycle on a routine basis; and have a desire and motivation to train motorcycle riders to ride safely. Interested persons must complete an application that can be obtained from the safety office, have at least one year remaining on station, and be able to teach at least one class a quarter. This class is held from 8 a.m. to 5 p.m. for the full 12-day duration.

To enroll in any of these classes, log on to: <http://www.navymotorcyclerider.com> and follow the drop down menus.

For more information, call 081-568-6342.

